

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES



Aids to Correspondents

OWING to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this oftentimes requires three or four weeks.

All correspondents who desire an immediate answer must enclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

Trouble With Eyes

Will you kindly publish a harmless letter for the eyes? The whites are turning yellow and have veins in them. I do not use any eye drops.

I will not attempt to give you a lotion for your eyes because the condition of them would indicate that your liver

size. Please give me a recipe for some internal medicine which will give this result as quickly as possible. UNHAPPY.

Should people should avoid any rapid method of reducing the weight. The same result is safely and properly brought about by a reduction of the food by one half, and by proper choice of non-fattening foods; diet, exercise, baths and massage are the only recognized methods of weight reduction.

For General Rejuvenation of Flesh. Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as peas, beans, corn, potatoes, etc. Have your bread toasted; sprinkle it with salt instead of using butter. Milk, I regret to say, if it be pure and good, is fattening. Skimmed milk may be drunk, but water is an excellent substitute for other liquids. Add a little of the juice of lemons or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No naps. You must take exercise. If you cannot walk at least five miles a day, and do not wheel, go to one of the institutions where mechanical exercises are given. Several of my correspondents report excellent results from this method of exercising the vigorous exercise they require. The system is thoroughly wholesome and not restrictive. In reducing flesh one fact to recollect is that fat is carbon. Oxygen destroys or burns out carbon. You must consume the carbon by the oxygen you take through your lungs. The more exercise the more oxygen and consequent destruction of fat by the one healthful method of curing obesity. The more starch and sugar you eat, the more carbon to burn away.

Heartburn

Dear Mrs. Symes. Kindly give me a simple remedy for heartburn. Also directions for developing the muscles of the legs. AMELIA.

A small teaspoonful of bicarbonate of soda to a tumblerful of hot water will relieve heartburn if sipped slowly. Following are the directions you desire.

Freckles

I never have any freckles except in the summer time. I cannot understand why this is, but would like to know if you could tell me the way to make them disappear. ANXIOUS.

Summer freckles are due to deposits of pigment in the skin, and one of the best applications to fade them is ordinary buttermilk. Where the freckling is very apparent, the cream for which I am giving the recipe will be found most useful.

Freckle Cream.

Petroleum 1 ounce av.
Lanolin (anhydrous) 1 ounce
Hydrogen peroxide 1 fluid ounce
Acetic acid 1 fluid dram

Request for a Recipe

Dear Mrs. Symes. Some time ago you published a recipe for violet sachet powder. Will you kindly repeat it for a GRATEFUL READER. Here is the recipe to which you refer:

Violet Sachet Powder.

Powdered violet 1 ounce
Powdered bergamot 1 ounce
Powdered acacia 1 ounce
Musk 20 grains
Mix thoroughly. Bottle for ten days, when it is ready for use.

Walking

Dear Mrs. Symes. I see you very often advise walking as a good exercise. Now I wish you would tell me the way to walk correctly. INQUISITIVE.

Walking is the cheapest and best form of exercise because it provides exercise without strain. It strengthens the heart, increases the lung capacity of the body, and by the heat of perspiration gets rid of waste substances from the blood.

Wants to Remove Moles.

Dear Mrs. Symes. Will you kindly publish a recipe for removing moles and also be kind enough to repeat the recipe for freckles?

A READER. I cannot give you a recipe for removing moles as it is dangerous for an inexperienced person to experiment with them. If the moles are very noticeable have them removed by a reliable specialist.

Obstinate Freckles.

Oxide of zinc 1 dram
Sublimed bismuth 1 dram
Dextrine 1 dram
Glycerine 14 drams
Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

Skin Peels Off

Dear Mrs. Symes. Please publish in the columns of your paper a recipe for the peeling off of the skin on the face and how to apply it.

When the skin peels off of the face it is an indication that the circulation of the blood is poor. Rub the loose particles off with a Turkish towel, then apply a lotion made of lemon juice and glycerine.

Too Stout

Dear Mrs. Symes. Every one tells me I am looking so stout that I am very anxious to reduce my

REGRETFULLY as I must say it, we are all liable to be afflicted with what is usually known as a cold, technically as a coryza, during any month. But certain it is that of all the times in the year when we suffer in this disagreeable way there is no time when the agony seems quite so unbearable as midsummer. Perhaps this is because we are continually catching fresh cold or because the pollen of the flowers, which then literally fills the air, is particularly annoying. Whatever the cause may be, it is certain that any suggestion for the prevention or curing of a cold is sure to be received with thanks, and, therefore, I am going to make a few practical suggestions that may prove helpful.

In the first place, we must admit that the cold is caused by either germs or pollen drawn by the breath into the nostrils and there lodged in the mucous membrane, which becomes irritated and causes all the uncomfortable sensations with which we are so familiar. Knowing this much, then, it would seem strange if we could not take steps to prevent the irritating substances from lodging in the nostrils and throat, particularly when some methods to achieve this end are so simple.

Salt water sprayed with an atomizer

or inhaled with duct or douche cleanses the nostrils of their daily accumulation of dust. Make a solution of a teaspoonful of salt in a pint of water and let it enter the nostrils—inundate them, indeed, so that not one irritating particle will remain. If you do this every night you will, I think, successfully prevent a cold. But should you regard the prevention as too tedious, you may use the vaporizer to spray oil of eucalyptus into nose and throat. This pungent oil will bring instant relief to all sufferers and in time will effect a cure.

For the annoying headache that so often accompanies a cold a cloth wet with alcohol and sprinkled with a few drops of menthol will prove a great help and will clear the head at once. But do not use too much menthol, and after the first few drops use no more, for if the cloth is kept wet with this powerful remedy the fumes will hurt the eyes.

For an old-fashioned cure the Swiss say that nothing could excel a mixture consisting of a grain of red pepper and a teaspoonful of butter. There is some healing quality in the fiery pepper, while the butter is soothing and makes the pepper a possible dose. It is well to mix them thoroughly before taking, for otherwise the pepper would prove truly heroic treatment.

ADVICE ON SOCIAL CUSTOMS

Mrs. Chester Adams most cordially invites her friends to bring to her their Social Problems and perplexities by letter at any time.

Home Manners.

WHY is it people have both company manners and home manners? The same set should certainly serve on all occasions, unless one wishes to be disliked at home and laughed at abroad. There are few so expert that they may take part of the time and polite the rest. Manners may not be put on and taken off like a garment. They have a quality of their own, and the most casual observer soon discovers whether they are natural or assumed. A gentleman is always a gentleman and a lady is always a lady. A lady may not be disrespectful to her mother, rude to her sister and brother and still expect to conciliate society by her beautiful manners. Her home character is sure to appear, even in some infinitesimal way, to show her up as she really is.

I am not preaching, however, to rude girls and selfish boys alone. It is no more their fault than it is their parents'. Politeness and consideration should be the rule of every household. If parents wish to point with pride to the pleasant manners of their offspring they should give them examples to follow. They should make it a point to be polite to each other at home and never criticize each other in public. They should remember all the little amenities of life—"please" and "thank you" and "I am sorry." Up to a certain age, which varies in individuals, a child looks upon his parents as perfection. It is, therefore, most important that they should strive to maintain this standard in the child's eyes.

In the family life familiarity is unavoidable, but why not be as politely

familiar as possible? Why rake up all the disagreeable family truths and rehash them openly. Why forget taboos in manners when no visitor is present. Surely it is obvious that if you are naturally rude in your own homes you will only succeed in appearing stiff and out of place among strangers. No one save a genius can be one person at home and another abroad—Dr. Jekyll and Mr. Hyde. There will always be some tell-tale habit which will show what you naturally are.

If John is disagreeable and inconsiderate at home six days in the week, he may never expect to be thought jolly and kindly on the seventh when he dines out. He has certainly had more practice in being unpleasant than pleasant. Can he, then, in a moment expect to change?

If Susan eats with her fingers when only the family are present will she remember to use her fork when there are visitors? Certainly not. Habit so deeply seated will catch her napping and surely humiliate her.

Why not always, then, endeavor to be polite? You may be familiar with your family without being rudely familiar. You may say to your sister: "How well you look." That is familiar; it is a more personal remark than you would make to a stranger. Yet you need never make to a stranger. Yet you need never say: "How bad you look." This is no more familiar than the other, but it is rude. No one can afford to be at one and at the same time both familiar and impolite.

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Never take hold of a man's arm unless it is really necessary that you should have his assistance. This being the case, the man should force the necessity and ask you to take his arm. He should never take hold of your arm.

It is perfectly proper for you to shake hands with a young man when he bids you good-night; one should always shake hands with the hostess when leaving.

choose the date and time. On the other hand, if there are certain days when you must be out, explain this fact to him.

The Most Graceful Way
Dear Mrs. Adams. Will you kindly advise me whether I should leave my card when returning a call for the first time? It seems rather awkward to leave it when the person you are calling upon, and I am a loss for a graceful way.

PERPLEXED.
If the friend upon whom you are calling has no servant to whom you could give your card, she may have a card tray on the hall table upon which you could put your card. If these are not evident, you may find an opportunity to leave the card on a table in the reception room in some unobtrusive manner. Do not, however, give the card to the hostess herself.

Card Etiquette
Dear Mrs. Adams. Is it the right thing when calling to write on your card the name of the lady you wish to see? IGNORANT.

Never, unless you are calling on some one staying in a hotel.

Kind of Gloves
Dear Mrs. Adams. Will you kindly tell me what kind of gloves a young man should wear to a formal dance, and if he should wear them while dancing? ANXIOUS.

White gloves should be worn to a formal dance, and should be kept on while dancing.

Provide Your Own
My dear Mrs. Adams. For several months now I have been going to church with a young man, and very often he offers me money for the collection plate. Should I accept it? If not, how shall I refuse? K. J. B.

You should always have ready your own money, and when the young man offers you a coin merely say, "No, thank you, I have my own."

Buttonhole Bouquet
Dear Mrs. Adams. Is it the right thing for a man who is going to a wedding to wear a flower in his coat or not? FRANK S.

Yes, it is perfectly right for him to do so.

Meeting Daughter's Friends
Dear Mrs. Adams. Is it necessary for me to meet a young man whom he has called to take my daughter to the theater? MOTHER.

It is quite necessary for you to know

the friends of your daughter before she accepts any invitation they may extend.

Undesirable Company
Dear Mrs. Adams. Very often a young man whom I do not care for catches up with me when I am out on the street. I don't want to be rude and ask him not to do this, but how can I stop him? PERPLEXED.

Make an excuse to enter a shop or the home of one of your friends. I think if you do this often he will soon take the hint.

Displaying Wedding Gifts
Dear Mrs. Adams. Is it proper to display one's wedding presents, and if so, does one remove the cards sent with the presents? ANXIOUS.

It is perfectly proper to display one's wedding presents, but all cards should be removed before doing so.

More Than One?
Dear Mrs. Adams. Do you think it suitable for a young lady to allow a young man whom she knows very well to call on her while he is keeping company with another girl? And do you think it is suitable for a girl of 18 to go out walking or driving with a stranger, when she is not allowed to keep company? ANXIOUS.

Do you think it proper for a lady to have more than one young man calling on her, and how late should he stay? FRANK S.

Unless the man is engaged to the other girl there is no reason why he should not call on you.

I do not think it would be at all expedient for you to go walking or driving with a stranger. Girls should be quite sure they are well acquainted with young men before accepting their invitations.

It is perfectly proper for a girl to have more than one man to call on her, although they should not stay later than 10.30.

is out of order. Therefore, you should consult a good doctor.

Hair—Hands
Dear Mrs. Symes. Will you kindly publish something to lighten dark brown hair? I am only 20 and a few years ago my hair was a pretty light brown and it is getting darker right now. Now I would like very much to make it a light brown. If I can get some advice as to what to do I would be very thankful for it.

Also tell me something to whiten my red hands. I do everything I know of for them and yet they remain red.

AN APPRECIATIVE READER.
The safest way to make your hair lighter is to put a pinch of washing soda in the water when you wash your head. Also avoid any hair tonic which contains greasy substances.

I think the recipe I am giving you for cosmetic gloves will be helpful.

To Make Cosmetic Gloves.
Use soft, large leather gloves, three or four sizes too large. Rip them open and spread the inside with the following preparation: then sew the ripped seams up.

Cosmetic Glove Paste.
Ground barley, the white of an egg, a teaspoonful of glycerine and one ounce of honey.

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